

## When to Keep Your Child at Home (revised 05/20/09)

### How can we limit the spread of H1N1 virus (swine flu)?

The most important thing is to keep sick people away from healthy people. So if your child is sick, you must keep your child home. Staying home when sick stops the spread of the flu and helps the sick person get well.

**Check your child every morning before sending him or her to school or child care:**

<b>If your child has both:</b>	<b>Then you must:</b>
<b>Fever*</b> (100° F or 37. 7°C) <b>AND</b> <b>sore throat <u>or</u> cough.</b>	<u>Keep your child home for 7 days.</u> If after 7 days you still have symptoms, stay at home until symptoms are gone for 24 hours. Your child might have the flu. Other symptoms can include runny nose, body aches, vomiting, and diarrhea.
<b>But if your child <u>only</u> has:</b>	<b>Then you must:</b>
<ul style="list-style-type: none"> <li>• <b>Fever* alone, OR</b></li> <li>• <b>vomiting or diarrhea, OR</b></li> <li>• <b>sore throat or <u>new</u> cough with no fever</b></li> </ul>	Keep your child home from school or child care until symptoms are gone for 24 hours.

\*If you don't have a thermometer, feel your child's forehead with your hand. If it is much warmer than usual your child probably has a fever.

### When should a child go to the doctor?

Call your health care provider if your child is ill enough that you would normally see a health care provider. Use the same judgment you would use during a normal flu season. If you would not usually see a health care provider for the symptoms your child has now, you do not need to see a health care provider.

If you need medical care and don't have a medical provider or health insurance, call the Community Health Access Program at 800-756-5437. You will not be asked to provide proof of your immigration status.

### For more information and on-going updates:

- Fact sheet: "H1N1 virus (swine flu) facts for families of school-age children," [www.kingcounty.gov/health/H1N1](http://www.kingcounty.gov/health/H1N1)
- Public Health Flu Hotline for recorded information about H1N1 flu in English and Spanish, 1-877-903-KING (5464), 24 hours/day. TTY: 711
- Public Health – Seattle & King County, [www.kingcounty.gov/health/H1N1](http://www.kingcounty.gov/health/H1N1)